



## I Go Blue! Go Bald!

BY CARINE TRILLO

Participants in Make-A-Wish Southwestern Ontario's ninth annual "Go Blue! Go Bald!" fundraiser raised approximately \$120,000.

Participants raised pledges of \$100 from May and June and these funds showed at the event held March 28 at Kitchener's Tivoli on Flamborough. There was also a silent auction that was open to the public.

"Go Blue! Go Bald" has raised over \$1 million off events and donations. Ontario aims to begin in 2011.

"Participants in our 'Go Blue! Go Bald!' fund raiser events were pledges and many colour their hair blue at advance of the event, to raise awareness, and then shave their head for one week in late April and May," said Pauline Field, manager of communications and development.

Blue hair extensions could be purchased for a \$5 donation at the Make-A-Wish offices of supporters chosen to go bald. People could also get involved by holding an

event that focused on the blue theme. The possibilities were endless.

Rock singer Mike A. White, Southwestern Ontario holds a "Go Blue! Go Bald!" concert every year. Participants are encouraged to pass on the fun at any level of give and anyone a "Go Blue! Go Bald" fund shave or blue-themed fundraiser at their school or community Field said.

Mike A. White, Southwestern Ontario works to give children with life threatening medical conditions the chance to experience hope, joy and fun. Over the past 14 years, \$1.25 million is raised by the organization with a goal of \$10 million for unmet challenges.

Orbital the blue hair theme is now being used for fundraising efforts and Lori Clark, chief executive officer in a media release.

"One such story is that of 11-year-old Alyssa who participated in 'Go Blue! Go Bald' over \$2000. In the past four years, she has raised a cumulative total of \$11,897.78. Alyssa's mom

inspired to participate by a friend who received a wish and has since involvement in the event.

Michelle Leger, one of the many supporters who attended the event, said, "My sister and I have seen for the past two years, 'We based it on the colors and I wanted to dye my hair orange. We even brought our bald brother that year."

The event was sponsored by CTV, KFMB 95.4 FM, 105.1 FM, 100.1 FM and the Waterloo Region Record. Sylvie from Stiles 12th annual suggested funds as a stage.

The participants pledged total \$14,162.50 for the event and with the silent auction and door prizes the event total will reach around \$18,000 said Lori Clark, Kitchener south coordinator.

To learn more about Make-A-Wish and how you can get involved, call 519-471-4300 or visit www.makewish.ca. There is also a Facebook page at www.facebook.com/makewish and a Twitter page at @makeawish12th.



PHOTO BY CARINE TRILLO

Robert Kiesl gets his bumper 10 inches shaved off to support the "Go Blue! Go Bald" event hosted by Make-A-Wish Southwestern Ontario.

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## aWEARness 'moves' people

BY CARINE TRILLO

Students in the visual arts program at Conestoga have done a great job showcasing their personal costume designs at the 2010 annual aWEARness runway performance on March 20. This year's theme was "The Evolution of Movement Through Text."

The students' designs were presented on a runway and in a video created by broadcast television students.

The performance was held at The Cultural Centre for the Performing Arts and proceeds went to National Service Days of Canada.

"It always takes a couple of weeks after an event like this for the bills to come in and to pass on to us," said Louis Haidar, co-coordinator of the visual arts/performing arts program. "However, I can still confirm at this time that the students and their gear in came through hands to sponsor the running and cost of a new

garment, focusing on changes in lighting.

• Angie Roffi did a tattered dress.

• Madeline Beretta did a red dress with a piece around waist/caplets.

• Amanda Hearn's work was based around the energy of the human body.

• Kristen White created a design using a similar theme of a heartbreak.

• Courtney Kishimoto decided to work with the evolution of man.

• Krista Shump's design was based on a pregnant.

• Jennifer Poirier created her pieces on a wider scale.

• Marley Hodges is an alumnus of design program at Conestoga College and did the all about creativity. What we try to do is imagine the students past, to think outside the box then just go with their heart and just do something crazy.

"It's a visual display really just visual."

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PHOTO BY CARINE TRILLO  
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## NEWS

# Now deep thoughts ... with Conestoga College

Random questions answered by random students  
If you could have any animal  
as a pet, what would it be?



"A tiger is crazy between a male-female female  
tiger."

**Karen Thomannen,**  
Art and  
communications management

"A monkey."

**Ryan Blanchard,**  
Art and  
communications management



"Any sort of lemur,  
a lemur."

**Ryan Blanchard,**  
Reportage  
communications technology

"A lemur."

**Brandi Abbott,**  
Art and  
communications



"An elephant."

**Karen Kammer,**  
Art and  
communications

"A tiger."

**Victoria Kippen,**  
Art and  
communications

Please nominate your choice comment respondents

## FELBERT CARTOONS



## Bad asphalt leaves holes in roads and budgets

BY JACOB PETERSON

The common pothole costs Ontario about \$1 billion a year. But one man says he has a solution to this problem.

Douglas Hesp is a Dutch engineer who travelled to Canada and became a chemical engineer at Queen's University in Kingston in 1988. Since then, Hesp has taught a dozen or more of the institution's last and brightest students and forced his own research group, which has received roughly more than \$10 million in funding from private and government sources, into a pothole.

The Hesp Research Group covers a range of topics but placed special emphasis on road infrastructure and its maintenance. In a Toronto Star article in January 2004, Hesp said the main problem was the low-quality of asphalt used on most Ontario roads.

"More than half the asphalt I've tested ... has a lifespan of maybe four to five years, and then it will crack in the first winter. After 10 years it will be rubble."

To make a long story short, Hesp put his low-quality asphalt to the test and showed a series of tests to ensure that asphalt was produced at a higher quality. He took these tests to the City of Kingston, which implemented them and the results speak for themselves. Kingston has not reported any major holes after five years with the better asphalt.

The question is always — why isn't Waterloo Region doing more things like that?

According to Waterloo Ward 10 Councillor Bruce March, why hasn't Waterloo Region done more things like that? According to Waterloo Ward 10 Councillor Bruce March, why hasn't Waterloo Region done more things like that?

"I haven't noticed the potholes in Waterloo Region are much worse than other cities in Ontario," March said.

He said that while road repairs and reworks are demanded at several meetings as often as they are needed,



PHOTO BY JAKE PETERSON

Former City of Waterloo councillor Dan Givens, March's predecessor, has remained to push the issue of asphalt quality in Waterloo.

March is the first in three years where water seeps onto the roads in asphalt. Between 2001 and 2003, there were 100,000 litres of water leaking into the road each day and the road was structurally sound, if not aesthetically pleasing. This is what accounts for most of the potholes in any given city road.

"We spent a hundred of millions of dollars (on asphalt) and Dan Givens, who insisted to bring the issue before council, got us more holes even though he was longer a councillor."

"We need a model of continuous improvement. We check in to see if (Givens') staff still has to be presented."

According to Bruce March, roads that are properly maintained could last for up to 50 years — far beyond the yearly construction in Waterloo Region today.

By the next time you drive along a road and you hit a pothole, don't get angry — get involved. Let your councillors know you want better roads.

The second contributing re-



Photo by Jennifer Johnson

Miranda and Neil perform in Miraloma's sing-off. Conestoga's Got Talent will soon perform their piece in March 24 at the bandshell.

## Violinist wins Conestoga's Got Talent

### BY JENNIFER JOHNSON

Students got the chance to show off some of their skills at Conestoga's Got Talent, which was held by Conestoga Students Inc. in the bandshell on March 24.

Auditions for the talent show started on March 5 and can until the 26th with a total of 10 students auditioning.

Most of the performances were and stayed the same just different songs from Michael Jackson and Bob Marley to name a few. But a few students showcased other talents including beat boxing and violin playing. One student, Dallas Giesbrecht, entertained everyone by writing three Mihaka names in just over a minute.

The grand prize was \$1000 with \$500 going to second place and \$250 going to third place. Giesbrecht came in third, second place went to Heidi Krey who sang Cry by Aerosmith, and the first place

prize went to Corin Lepine for his violin skills.

Conestoga paper was sold at the event with the proceeds going to Make a Wish. The club also has a major campaign being planned. Twenty-nine Flight Centre employees and Jennifer Black-Horner, CEO and president of Make a Wish Canada, are travelling to Ireland Aug. 4 to take the Conestoga team to make. They hope to raise \$100,000 for the charity.

"Our main goal is to reach about \$60,000 before the day of the walk," said Miraka Giesbrecht, a volunteer at Make a Wish.

The show had a huge turn out of students that came out to perform and all of them were appreciated, said Miraka. Miraka believes the programme is a great way for students to express themselves, put out of their comfort zones and make friends.

## STUDENTS SHOW OFF THEIR CREATIONS



Photo by Jennifer Johnson

Daniel Mihaka (standing), a Conestoga engineering student, (left) and the Mechanical Engineering student council (l to r) working on the robot he and his colleagues, a fellow student built. For more stories go to [www.conestoga.ca](http://www.conestoga.ca)

## NEW RECREATION CENTRE WILL BE WORTH THE WAIT



Photo by Carter Bebbington

John O'Leary, Conestoga's vice-president of Student Affairs, is encouraged that the recreation centre on campus finally shows promise and has a vision that the centre will benefit students in the long run. For a full story, go to [www.conestoga.ca](http://www.conestoga.ca)

## VIDEO GAME SWAP BRINGS OUT HUNDREDS OF GAMERS



Photo by Jennifer Johnson

The Whistler Game Swap at B&M Park in Whistler attracted hundreds of gamers with the opportunity to trade dozens of console, browser, and portable titles. For more stories go to [www.conestoga.ca](http://www.conestoga.ca)

## Male image scrutinized

### BY KATHLEEN DUCHESS

Women have turned and scrutinized all of things women these days. But now men are too.

A recent study conducted by Standard, the online news and shopping board found of male beauty having increasing prevalence in entertainment media and advertising.

The Standard article stated that although more women have reported greater than their bodies, the percentage of men suffering body image-based issues is growing at a much faster rate. The number of men's beauty products increased by more than 10 per cent worldwide between 2003 and 2004, making this male cosmetic industry worth \$1.8 billion globally.

So what are the new trends in male beauty? Standard gathered information from professional public sources, news sources and medical media to find out what exactly makes a man attractive today.

In their study, they focused on 12 countries and how the general focus of beauty for men varied.

For example, in America men face media pressure to have the perfect muscular body. A popular look in America seems to never change is the "underdeveloped" physique focused on muscles and skin.

For Mexican men, they found that more of a muscle inferior was studied. They looked around in a 2004 study of the most attractive men in the world before "Venezuelans."

Venezuelans believe "Caveman" bodies and have skin as smooth and smelling extremely smelly. While Mexican men are more rough, they only make up one per cent of the population. This is followed closely as the highest selling male beauty product there.

For Australians, they often look body建造ed or muscular and in the United Kingdom, it's common for men to have tattoos.

In South Korea, makeup and skincare are very popular, particularly to make men appear more youthful, smooth and attractive.

From all of this, it seems the media's mind of beauty going to go to a known that media has a negative effect on how men are themselves. Only that men of women can make themselves beautiful according to them. But over it is offering can as well.

Due to the pressure from society people may have lost touch with what really matters. A study at Ben-Gurion's Brain Research Center found that while women struggle with trying to be beautiful, men struggle with becoming more manly rather. Men and women must remember it's what is on the inside that counts.

The above stories represent the position of the newspaper, not necessarily the author.

## Letters are welcome

State names letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be read and the sentiments of the writers will be reflected.

Unsigned letters will be published.

Letters should be no longer

than 500 words.

Topics covered: the rights and

privileges of

anybody

or publication

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Women are not the only ones who have issues with the way they look.

## Discrimination still exists

### It's two steps forward, two steps back

#### BY KATHLEEN DUCHESS

More people would associate that we as a society can accept each other who we are. However, in some ways we are stuck in the past, while in others we are more advanced. We are not in one or, and most other forms of discrimination are not as common. However, homophobia has not still a huge problem as it was a major concern in Phoenix, my city.

An official example was this in the Phoenix Rights Tribunal of Ontario last October. After the city was denied access to the transit system's station at a bus terminal by a security guard stationed there. They were pointing out that the bus had the logo of the city on the windows so she was still denied to the same facility.

Now, of course, gender and their legal rights to you wouldn't you stay inside? If faced with a situation such as that you should think logically, what would you do?



Rachel  
Brown  
Alumnus

rather to work on addressing any other unanswered issues.

That sounds like the City of Hamilton is having trouble the truth, probably trying to protect the city from scrutiny and keeping the discussion about this limited to a minimum.

Ham in 2001, City of Art was passed in Ontario, mandating that government, Hamilton City Hall, City to include gender identity and gender issues that these two groups be represented from discrimination law. However, just because legislation is in place doesn't mean everyone follows it.

One family, a transgender activists in Hamilton, spoke out about the situation, saying that public bathrooms are one of the most reinforced places for transgender people.

"We need to get more laws upholding that, that these are more powerful to ensure to get into a washroom to hurt people. Clearly not."

## Spoke

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# Mysterious murder at THEMUSEUM

BY JENNIFER FERBER

A gathering of people was held in a study room, luring with anticipation. A bone-chilling shock may not be a hoot for the book, with a "Murderous" book. Death history had been murdered.

The "Murder Mystery Adventure" was the brainchild of the Four Chicks—students of the real-estate-management, real-estate program at Georgetown University's graduate program. The event, which took place March 28 at THEMUSEUM, an downtown Houston, was a year and a half put together by the Four Chicks. They were expecting about a 30-person turnout, but close to 75 people purchased tickets.

"I was impressed with the act up," says Rose Cooper, who played the role of Barbara Miller, a prime suspect, in her husband's murder. "The team working on this are very intelligent girls."

Kate Miller, the deceased husband, was given a book to read details about each possible suspect, responsible for Barbara's death. The five suspects (and several before their dialogue after the long list of the jury) examining each other that they were of equal parts confused and innocent. Trying to remain calm, they started off in their suspect-

ed parts of THEMUSEUM, where the participants were began to pull each suspect to move the hand-stirring murder in an attempt to force them into confess.

Participants followed because she lies, and Cheekos, one year and one, financial planning student, Debbie Zhang.

The actors remained in character while enduring cross-examination. Barbara, served drinks and as the night went on, members of the Four Chicks carefully placed clues throughout THEMUSEUM to help facilitate the gradually beginning theories.

People served on the right and, said Janet Miller, one of the Four Chicks, "Once the other sides get out, they'll surely figure it out."

Those who attended were fully enveloped into the event so much that a steady cheerleader—who was not one of the live suspects—was shouting to cheer leaders shouting for her to cheer on campus. Brenda Van Dorn, an employee at THEMUSEUM, was dressed in a brown trench coat, wearing winter sunglasses and sporting a gravity board. He sauntered through the room, never stopping. For right, not saying a word, making sure participants suspicious. He was often spotted in the upper levels of THEMUSEUM,

looking down at everyone with a chilling gaze.

"I'm not going up there to be freaky. I'm going up there to do my job," Van Dorn said. "I usually have someone protect me."

Van Dorn was a last-minute addition to the event, an extra hand of authentication. She right also included multiple doors passes, music and a selection of fine appetizers to fuel the spectators' appetites to sober the place. As the night went on, theories grew stronger. Participants not only had to figure them out, but also correctly pass a written test of Jeffrey Gagn, a lonely hotel guest, Tom Harbin, a casual entrepreneur and close friend to Diane Barnes, a European expat model and love interest of Barbara Miller, and Barbara's best friend, Charlotte Barnes, a hotel owner who knew all the dark secrets of each suspect.

As the participants were attempting to deduce their last minute movements, an enormous bell tolled to mark that time had run out and the suspects gathered back at the center of the room to tell their stories and reveal what actually happened to Diane and why.

At the first three suspects arrived their respective Barbara faced. "I may have



PHOTO BY JEFFREY FERBER

Kate Miller, as Barbara Miller, returns for Houston's first murder-mystery adventure on March 28.

contributed to my husband's death but I did not kill my husband, which left one person with blood on his hands. In the end, it was revealed Clinton, the investigator, played by Bruce Miller, a Georgetown graduate—was married. Miller never had guidance, a growing grudge, and for Barbara's love for Barbara.

"The last place I saw her and winner of the Interplay Mystery Adventure" Chaz Casman. "The character of that a good girl. Chaz, what they didn't say was a better place."

Along with, Burton, the other members of the Four Chicks are Shirley Maikell, Kate Clark and Harry from There never went off without a fight and they all deserved the night as overwhelming success.

*"Our only limitations are those which we set up in our own minds, or permit others to establish for us."*



• Elizabeth Taylor: Split-Mode Movie

But there's another movie coming up on April 15 that's on Elizabeth's biography. She's a woman's man, she's played in the careers of everybody from Alfred Hitchcock to Steven Spielberg. She's had a brother's best friend, a dedicated physician, a lonely old dame who's tracking the world, her parents,

you name it. Elizabeth's been doing a lot as older people. Now the world is about to create another one: an older mom. In her new film,

**Elizabeth Taylor: The**  
Woman I Always Wanted

split-screen epic about  
Elizabeth Taylor's life.

# Conestoga students showcase their designs



Students in the Conestoga Fashion merchandising and design program held their 10th annual Runway fashion show at The Conestoga in the Performing Arts on March 29. This year's theme was the Virtues of Movement through Time, and proceeds from the event went to Material Project, Days of Service.



A student's outfit is inspired by the memory of having her own motherland for the first time.



Light in nature, my outfit did not fit.



Dark Queen's outfit - Inspired by the idea of a queen who is wearing her crown all night.



Flora - I created this costume incorporating a lot of floral elements.



Shade - Rainbow - designed this costume to look like a rainbow.

Photos by Rachel Ray

## ELMIRA MAPLE SYRUP FESTIVAL A FLIPPING GOOD TIME



PHOTO BY JEFFREY D. KELLY

The Elmira Maple Syrup Festival was held March 20 with over 8,000 people in attendance. One of the events held was a pancake flip, where people had to flip the largest pancake on a pan trying to flip it in one. Other activities included a craft show, maple bushwalk and a pancake run.

## Future Shop's closure leaves 1,500 jobless

After thousands of job losses last year, more will be added to the total with the closure of Future Shop.

The March 20 announcement was a shock to both customers and workers. The 190 full-time and 1,000 part-time employees will now join the 17,800 left unrepresented by the 600 stores of Target from the Canadian market.

Future Shop's website said the sudden closure is due to the Canadian based company and U.S. company Best Buy merging and one based under the Best Buy name. Future Shop is a Canadian company that was purchased by Best Buy in 2011.

All 131 stores across Canada closed 40 of them forever. The other 91 were set to reopen or turn on April 4 as Best Buy.

Out of the stores in Waterloo Region, only the ones on King Street and Marshall Drive will turn into a Best Buy.

In total there will be 154 Best Buy locations in Canada, including 21 mobile stores. According to a Best Buy press release, over 900 product centers, service appointments and associates will continue to be han-



**Heather Stanley  
Spokesperson**

cured. As well, Future Shop gift cards can be used at Best Buy locations and returns and exchanges will also be accepted.

Although my dad did not say it directly, Future Shop had been struggling financially for quite a while. Many people were shopping online and through discounters such as Walmart, which can also tough competition. Two years ago, in gift locations should still be adapting to that.

Best Buy also said they "will not let real estate footprint to address the fact that a significant number of its Future Shop and Best Buy stores are located adjacent to each other, often in the same parking lot."

They created a board of problems for both students. Although Future Shop is owned by Best Buy, with the two stores being close to each other, problems can arise from the high competition. If the stores were more

spread apart, turnover would have been more plentiful. As well, Best Buy and the same electronics products around the same prices as there was a lack, but not too close apart from the other.

Best Buy should have considered the impacts regarding the placement of stores, being in such close proximity to each other when for stores were being built. That would have eliminated the need to store so many stores. At the very least, more because could have been converted into Best Buy.

Although the loss of jobs is a terrible numbers or to mention, Future Shop locations should have given them a job. They may have location would have a greater start up with knowledgeable employees.

Best Buy said on a March 18 press release that they will be investing 1500 million in launching major banner applications on all stores, increasing staff and improving the associate experience.

## CBC'S DRAGON COMES TO CONESTOGA



PHOTO BY MATT CANNON

Michael MacNeil of the CBC's Dragons Den spent last week on stage during Conestoga College's Pitch Day event. For the story go to [www.conestogacollege.com](http://www.conestogacollege.com).

## IDEA EXCHANGE'S LATEST INSTALLATION

## PHILIPPE BLANCHARD: STRUCTURED LIGHT

PHOTO BY JEFFREY D. KELLY



PHOTO BY JEFFREY D. KELLY

Artist Philippe Blanchard's Structured Light is the latest installation at the Idea Exchange in Cambridge. The piece consists of 100 transparent light boxes arranged to create one continuous experience. View a video story at [www.conestogacollege.com](http://www.conestogacollege.com).

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# Breaking the cycle of victimization

## BY JENNIFER LAROCHE

As children we are taught about stranger danger and about parental boundaries when it comes to sexual assault, but what about what victimization is or how to recognize someone who is being victimized?

Recently I became a fourth-year community and criminal justice student at Conestoga College, and volunteer at Victim Services of Waterloo Region has completed a research project that focuses on how victims can be better supported at Waterloo Region.

"Most people associate a victim with being someone who has experienced some kind of criminal activity like sexual assault, domestic violence, theft or homicide, but actually a victim can experience other forms of victimization that aren't necessarily related to crime," said Larocque.

Through her research Larocque was able to conduct a needs assessment for Waterloo Region which mapped out the different agencies that provide direct or indirect support for victims.

Larocque found there are great services available but victims don't know about them such as financial assistance where victims can get money for counselling or for

things like fixing a broken door or window as the result of a break-in.

"There needs to be more awareness across the board in community service agencies, our schools and even at the municipal level to promote awareness in high schools and job places and about it," she said.

"We need to get employers involved in more training to try and understand victim issues, and part of that would include PTSD and how to recognize it."

In Canada Larocque's research shows workers have an issue with the lack of involvement in the criminal justice system, because they don't have a voice. There are various support statements which are easily overlooked but there needs to be further support put in place.

"There's no job security and because of the economic impact of victimization, Canadians and companies lose millions of dollars. Victims can suffer from PTSD and stress. Their output at work can drop and the quality of work can be affected from their victimization," Larocque said.

"Employers have to hire people who have been victimized because they just need any more or they're coming in late because of the PTSD so then victims are fired and the company

loses great services available but victims don't know about them such as financial assistance where victims can get



JENNIFER LAROCHE

Victims of both their community and criminal justice don't want to be more aware to break the cycle of victimization, says Larocque.

"Victims in the first place shouldn't be fired. The victim should be getting more support but a lot of companies don't understand and they don't have the training on how to support employees who have been victimized or through a legal protection for them," she said.

When police are called, it is up to them to decide if Victim Services are needed. Although there is a going to place where there are mandatory referrals to Victim Services, there also has to be training for police officers because if they don't understand how to identify who is a victim, they are leaving victims without support.

"Looking back on managing into my program, I feel real and big city law firms offer a support system and with my work with Victim Services, it's the one that that bothered me the most," she said.

"I was involved in a robbery and I went to refer to Victim Services and it's because of my mother who is a social worker. I didn't know that got me any support."

Larocque was also a part of the Human Library held at the Library Resource Centre on Jan. 20. Her experience as a victim on what pushed her to share her story and give a voice to other victims who feel they don't have one.

"I want victims to never have any voice and feel marginalized and disempowered. That's how I felt I left big I should be ashamed, but I'm not ashamed anymore. I felt inferior about what happened to me but empowered on an equality basis that with more

people we can prevent more people to come forward to get the services available and get empowered with it that they are victims and there does what they can do they may have suffered."

The stigma of victimization keeps people from talking about it. Larocque said some people may even believe that victimization doesn't happen that much, but it does.

In 2009 a general social survey was conducted and it found that 3.4 million Canadians self-reported to being victimized. That's one quarter of the population.

"For people to recognize they have victimized or someone is causing it to happen. It's proving to more community services have to include and to change young people when someone has victimized them, what is it like how the community can help you or where your options reside in the," Larocque said.

"We have really great programs that want to help people but we don't have the financial and backing to do it because there is not enough funding to support those services," she added.

"Victims don't know about these supports or they're afraid to seek out support for fear of retaliation from the victimizer or because they're afraid of these services."

"The American that really needs to be promoted throughout our region and nationwide is the idea who we are is an Waterloo Region because the easier to get change in smaller operations. Currently Larocque is trying to implement an action plan campaign on Waterloo Region that's part of that would be our National Victims of Crime Week. The week of April 28 will include a month of victim awareness, where organizations could come together and collaborate to educate people on the services available."

"In the end, the only way to support people is for everyone to work together. We want to see people move forward rather than have to deal with the trauma it causes and by themselves."

"I want people to start talking about the stigma of victimization more. The only way for us to get beyond the stigma and the process of victimization is to talk about it."

Larocque will be presenting her results and recommendations from her research on April 16 from 2 to 4 p.m. at the Blue Room at Conestoga College's DeGroote campus.

For more information on Victim Services of Waterloo Region, visit their website at [www.vswr.ca](http://www.vswr.ca).



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# Students help with green initiative

## BY ALICE BURKE

On March 28, Chantage's students from the integrated marketing communications program hosted another successful event, presenting *Goode For You Green & Work Initiative*.

Green is the New Black was the title of the third project where Chantage students teamed up with Fairview Park Mall to inform the public about environmental sustainability as part of their mega project. Thanks to the participation of the mall, green products and resources for their students while the students plan and take responsibility in event planning, project management, creative strategies and media relations.

"The key thing is they get to actually apply the theoretical principles in a real-life environment," said Diane Howell, a professor in the program. "They're working with a real client, clients engaging with a real target market."

In the housing has been really how to understand, expand and control a client's experience.

*Goode For You Green & Work*, a sustainable project started in 2008, shows that the mall has reduced its energy use by 16 per cent, water consumption by 20 per cent and improved waste diversion by 10 per cent, compared to the 2008 baseline year.

Green is the New Black



GOODE FOR YOU GREEN & WORK INITIATIVE

Photo by Alice Burke. Both Chantage students are part of a pilot project involving communities at the end of the life cycle. It was one of the student teams at Green is the New Black held at a service fair held on March 28.

Fairview program director says the students in the mall in the U.S. have been successfully using reduce, reuse, recycle and reduce waste and Kim Diamond, program co-coordinator.

All 20 students at the program had to work together to pull off the mega assignment. They could easily be seen in their bright green Tshirts emblazoned with a green environmental slogan in print.

Chantage's Sustainability program director was chosen to be part of the project, says Agnes Bernasek, who has been selected as the local representative of what the client wanted.

"It's a big job to oversee everything and make sure that we get everything completed on time and to make sure we can pull off the whole thing," he said.

Although the students

appeared to be excited and full of energy, it was still a tough job to pull off in a short amount of time.

Widderup said "It's a challenge, a lot about time management and making sure that we work with outside resources to get off." We have to make sure we have constant communication. Working within such a tight time frame has definitely been a challenge.

The event was organized by three brothers spread across the world with stations focusing on sustainability at Home At Work and On the Go.

"We had an initial meeting with the clients and she was telling us two Green is the New is a global environmental action study and wanted to be in it back to the consumers who interact with it. It was thought of as *Green is the New Black* is green at home, green at work, and green on the go to prove them that consumers pay attention to that," Widderup said.

There were different stations for both children and adults of every station.

At Home featured a rain barrel decommission station that encouraged citizens to collect rain water and a recycle bin sorting room for adults. The At Work booth had a large jungle gym for children, present, the green practices at school and an office awareness game for adults. On the Go presented environmentally friendly transportation through a train game, a smart-cycle that powered a television and a bicycle-powered game for adults.

Over 100 students, parents, family, friends, visitors, and local businesses from all walks of life visited all three stations were available to learn various games including projects to see the benefits of recycling and reusing in our own home within the mall among other peers.

# Engineering event showcases their industry

## BY ALICE BURKE

Chantage's engineering programs have a lot to offer.

OCETT was organized by the Ontario Association of Civil Engineering Technology and Technology (OCETT). It is a self-governing non-profit organization that manages the certification of new and experienced technicians (ETs). The representative present at OCETT was Jerry Stark, program manager of OCETT. Stark and an associate member of OCETT, A. graduate of Chantage College's ET program Stark claims it crucial that students understand the opportunities available to them in college level engineering programs.

"Universities and every body. In the past, there's been a big push for people to go to university to read. That there are opportunities at both levels and we believe the college level offers a more hands-on approach that allows students to build confidence and refine."

One of the most impressive showcases at OCETT was the



OCETT

Engineering students Leah Blum (left) and Roger Thompson (right) displayed what was learned at OCETT.

brilliant robot made by engineering students Leah Blum and Roger Thompson. Built from scrap metal and painted via a 3D printer, the robot can be used in

Robotics and Design built the robot from scrap metal to impress a local robotics competition.

"It was actually just to get us a design position," he said. "We did this in our last half term with the expectation that one of the founders of Chantage Robotics would see it and be very impressed."

A career path in engineering may not be for everybody. Those who choose the career must be prepared to problems developing in every area of a project, and they must learn to stay calm in the face of failure. But according to Blum, a strong right on problem can be a successfully in solving a career.

"It's a great career to get into," he said. "When coming to Chantage I pursued a civil engineering degree but it wasn't necessarily beneficial because I didn't have access to a civil engineer or to do research. Now with the practical education I've gained at Chantage, I can build really cool stuff at home on a budget," he said.



## HOROSCOPE

Week of April 1, 2013

**Aries**

March 21 - April 19



You have been observing over certain aspects of your life with more and take a step back and you'll see something at a different angle.

**Taurus**

April 20 - May 20

People around you have been changing dramatically and it's causing you to feel the loss. Don't worry though, the next couple of weeks will be good for you.

**Gemini**

May 21 - June 21

You have been treated quite poorly lately by your friends but don't let that be the case. They may have a legitimate reasoning.

**Cancer**

June 22 - July 22

You have beenegasus of your success lately. Take a walk out from the desk and do something spontaneous.

**Leo**

July 23 - August 22

You have been feeling lost and not sure lately. Don't let those feelings control you though, your next week will be a great one.

**Virgo**

August 23 - September 22

You haven't been treated with the people around you lately and it makes you uneasy. Instead of focusing on them, it's time to focus on you.



Whispering Willow brings you  
news of nature

**Libra**

September 23 - October 22

You have been working really hard this past week to make sure everything goes according to plan. Keep going and you'll have great results.

**Scorpio**

October 23 - November 21

You have been taking control of everything in your life. You will bring you these happenings in the next 10 days. Keep it up.

**Sagittarius**

November 22 - December 21

People around you have been having issues with the decisions you have been making. Try not to upset your friends but keep your goals in mind.

**Capricorn**

December 22 - January 20

Don't worry, your life may be going along right now but your future holds balance and security. That has hope.

**On Cliff**

©2013 Iron &amp; Paintball until You Paint And You're Having Coffees.

**Useless Facts**

Matthew Johnson, 18, from money from 1965, usually dons all of the fake history workers in his game.

Rate: Some bats have been known to travel off the ground at speeds up to 160 km/h.

Humans and sloths are the only species that have red fur glands.

Winston Churchill was born in a ladies room during a debate.

All of the decks in the movie *Planes* feature stars and 4-20.

**Sudoku Puzzle**

9	3		7	1		2		
			3			7		
1	6		2			9	3	
8				7			9	
4	2			6		5	1	
3			8	1		7		
3			7	5	6	1	2	
8	2			4	9			
7						6		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

**Word Search****Spring has sprung**

O	E	Y	D	T	S	E	R	M	P	O	Y	O	O	MARCH
S	A	X	N	W	Q	U	N	G	E	R	O	L	D	BLOSSOMS
R	D	N	U	O	R	G	Y	A	L	P	Y	R	U	RIDS
S	B	U	Y	S	A	C	B	M	X	H	O	A	H	CROCUS
M	U	S	B	D	C	M	Y	A	U	A	O	P	T	DAFFODIL
D	O	L	I	L	A	G	S	M	U	R	A	R	Y	FLOWERS
B	L	H	D	A	T	E	S	I	N	C	E	O	X	GARDENING
S	A	Y	O	O	A	G	R	B	L	A	H	G	H	GOLF
O	N	W	W	M	F	N	O	A	B	J	O	W	O	GREEN
L	R	M	I	F	L	E	L	B	N	W	K	L	V	BASEBALL
B	O	Y	J	D	L	N	F	I	S	N	J	F	M	LILACS
O	N	K	Y	D	L	O	B	E	U	R	W	T	S	WAY
D	P	V	Z	I	S	H	O	W	E	R	O	P	E	PLAYGROUND
I	D	G	F	L	G	R	L	R	G	A	Y	D	M	APRIL
Y	U	K	O	O	A	M	M	A	T	F	L	I	E	SHOWERS
R	E	G	N	I	N	E	D	R	A	G	O	Z	J	POIN
Z	E	G	N	I	N	E	D	R	A	G	O	Z	J	SUNSHINE

# Healthy eating revolution underway

BY ANDREA D'AMBROSIO

Maintaining a healthy lifestyle has always been something that's been drilled into our heads. But have you noticed that in the last decade especially the last five years that trend has really been taking off? Businesses with healthy menus have emerged, more gym members shape have been fitted out, and even fast-food places have had to add healthier options to their menus.

Canada has always battled obesity — currently 69 per cent of Canadian adults are overweight or obese. But what is most alarming is the current age of overweight children. In 1976 only 13 per cent of Canadian children were overweight or obese. Today the numbers have climbed to one in four children.

A movement to help reduce these numbers and to start educating people in mental health began in 2002 when Health Canada introduced the Canadian Healthy Living Strategy (CHLS). The plan consists of five programs which were created to help improve health outcomes reduce health disparities address child obesity and of course make healthy choices has a priority. In 2008 the Ontario government introduced the Healthy Food for Healthy Schools Act which established guidelines in regard to the purchases that schools for food and beverages in schools, meaning that the products sold in schools must contain more than the permitted percentage of trans fat, no packaged pop machines and chocolate bars.

And thanks to this act, a Food and Beverage Policy was introduced in 2011 which advocates that schools play a major role in helping children and teens develop healthier eating habits and improve learning environments.

The former Government is helping to kick-start that national strategy to help schools work together to promote and maintain healthy weights for children and youth, and teens. Applying Federal minister of health in a Health Canada news release published in 2011: "Everyone has a role to play in helping children and youth live a healthy life."

These changes helped make people aware they should be leading a healthier life. As a result, the market has seen a profusion of healthy food choices coming "better for you" products across North America. Examples here as people are paying more attention to the ingredients in their



PHOTO BY ANDREA D'AMBROSIO

fridges, we're becoming more aware in addition to exercising more people are now checking the ingredients in their food and eating more "whole healthy" sources of nutrition.

And

people are becoming increasingly health conscious. More food and nutrition is linked strongly with disease, as disease risk diabetes and heart disease, and Andrea D'Ambrosio, registered dietitian at Dietetic Directions in Waterloo, People are working to improve their health throughout.

However, and that presenting "healthy" has become a marketing strategy within the food industry. As subtle as it was back then, nowadays when you shop at the grocery store, the majority of food packaging, if not all, have health claims that say "a good source of fiber" or "low fat" or "packaged pop machines and chocolate bars."

And thanks to this act, a Food and Beverage Policy was introduced in 2011 which advocates that schools play a major role in helping children and teens develop healthier eating habits and improve learning environments.

In a previous post I have seen a steady growth in clients and how people are looking to make dietary improvements. Additionally,

consumers are now looking for products that have vitamins and minerals as well as ingredients that benefit the digestive system and immune system. People are also looking for products that offer more antioxidants. This and calcium and fiber has reduced fat and sugar. So fruits and vegetables have become popular again. In fact, they are so popular that the number of vegetarians have increased in the past five years. But here you cannot an increase in certain vegetables and fruits

like kale, sprouts, all sorts of berries and sprouts/peas. For example, kale has in each 100g dry weight 140 mg of calcium. So diabetes and heart disease risk Andrea D'Ambrosio, registered dietitian at Dietetic Directions in Waterloo. People are working to improve their health throughout.

**66 People are becoming increasingly health conscious since food and nutrition is linked strongly to disease**

**The diabetes and heart disease ??**

— Andrea D'Ambrosio

However, we are seeing a profusion of organic products as they have taken off in the healthy movement as well. According to Statistics Canada, "The organic food market is described by industry analysts as the most dynamic and rapidly growing sector of the global food industry." Over 500,000 organic food sales have skyrocketed to almost 900 million in 2011. Despite the fact that organic products are a little more expensive, people seem to be adding more organic section to keep up with the trend.

Another example was playing in the leg is a great food that is plated here.

"These are what consumers expect a plate like that for life," D'Ambrosio said. "I always claim on how to safely follow a nutritionally balanced plate like the Power with the machine."

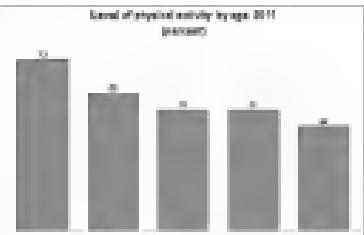
However, even though only one per cent of Canadians

have eaten dinner many still feel that they are eating in plates, which contributed to the 69 per cent increase in sales in the past three years. Like organic products grocery stores and restaurants

are also up. It is well known fact that healthy eating reduces the risk of heart attack, obesity, other diseases and stress. In 2011, 64 per cent of Canadians, mainly between the ages of 12 and 34, were thought to be eating an increase from 58 per cent in 2009.

With this health conscious the fast-food industry has taken a hit. A 2011 Globe and Mail article stated that one of the largest companies McDonald's Corp. reported a 56 per cent drop in sales in their third quarter as a result of not being able to keep up with the healthy eating induced food demand, and that Coca-Cola saw their earnings drop 14 per cent.

However, it is on the brighter side, both are jumping on the healthier eating bandwagon.



GRAPHIC BY ANDREA D'AMBROSIO  
In 2011, 64 per cent of Canadians eat in plates to be physically active, a 6 per cent increase since 2009.

# GET READY FOR EXAMS

APRIL 7<sup>TH</sup> - APRIL 9<sup>TH</sup>

10AM - 1PM STUDENT LIFE LOUNGE, LIBRARY



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 Thursday: 8:00am-4:00pm

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 60min: \$45 (\$51 with CSI Health Plan)